

## Ideas for Healthy Snacks at Meetings!

Healthy foods and beverages are only required when providing food purchased with County funds at County-sponsored meetings and events. But why stop there? If you would like to eat healthy at other meetings and events, here are some quick and easy tips<sup>1</sup> to help you choose nutritious and delicious snacks.

### Fruits and Vegetables

- Bite-sized fruits and veggies, such as grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli florets
- Whole fresh fruits like apples, oranges, nectarines, plums, kiwifruit, and apricots
- Cut-up fresh fruits like honeydew melon, watermelon, cantaloupe
- Pre-packaged fruit cups and dried fruits—good for times when no refrigeration is available!
- Cut-up fresh vegetables such as celery, bell pepper, and squash with low-fat or fat-free dip, or hummus

### Whole Grain and Low-Sodium Snacks

- Whole-grain mini-muffins
- Whole grain mini-bagels
- Unsalted pretzels
- Air-popped popcorn

### Beverages

- Water
- 100% fruit or vegetable juice
- Regular and decaffeinated coffee or tea

*Want more information on healthy workplace snacking? Visit these websites for even more ideas!*

**The California 5 A Day—Be Active! Worksite Program** website includes workplace eating and physical activity break suggestions, healthy cookbooks, California Fit Business Kit, and a step-by-step Employee Wellness Program.

<http://www.dhs.ca.gov/ps/cdic/cpns/worksite/default.htm>.

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<sup>1</sup> From California Department of Health Services guide to healthy workplace eating, at [http://www.dhs.ca.gov/ps/cdic/cpns/worksite/download/FitBusinessKitTools/Healthy%20Meeting%20Policies\\_Final.pdf](http://www.dhs.ca.gov/ps/cdic/cpns/worksite/download/FitBusinessKitTools/Healthy%20Meeting%20Policies_Final.pdf)



**The UCLA School of Public Health Lift Off!** website has excellent suggestions for quick physical activity breaks for the workday and meetings. Simple ten-minute exercise breaks will not only reduce your risk of chronic disease but will also renew and re-energize your day.

[http://www.ph.ucla.edu/cehd/activity\\_breaks.htm](http://www.ph.ucla.edu/cehd/activity_breaks.htm)

**National Fruit & Vegetable Program** website has recipes for healthy appetizers, entrees, beverages, desserts and more. It also describes the benefits of fruits and vegetables.

<http://www.fruitsandveggiesmatter.gov>

